

## 1. Thought Hunter

1. Sit still with your eyes closed and count slowly from 1 to 10.
2. If any thought comes into your mind, immediately go back to 1 (Watch for even the smallest thought).
3. It is a practice of honesty between you and yourself, so even the smallest thought, even a sound, even the thought "I'm already at number 3"... you need to go back to 1.

This exercise helps us become more aware of our thoughts. The thoughts we are not aware of are the ones that make us feel what we feel and want what we want and push us into actions we might not have done with more conscious thought.

One to two minutes of this exercise is more than enough.

## 2. Silent Walk

This is a walking meditation, but you can apply the same principles to any activity.

We'll put all the thoughts about what has happened or what will happen aside and we'll try to be present.

We won't let our body be in one place and our mind in another place; we'll try to connect them and be in the here and now.

1. Start walking around the room (or outside is even better).
2. pay attention to each and every step, we'll feel the connection between our feet and the earth.
3. Take deep breaths and smell the nature around us, feel the wind on our skin, listen to the songs of the birds or to the sound of our breath.
4. Look around and really notice all the little details of the beautiful world we live in.

**Be totally present with ourselves, with each other, and with the world around us and all other thoughts can wait.**

## Top Meditation Apps



Calm has so many different aspects to it including breathing exercises, unguided timed meditation.



It even has a buddy system for you and your friends to motivate one another, reminders so you can stay on track, and you can even download sessions to use offline.



### Stop, Breath, & Think: Meditation and Mindfulness

More than 55 meditations with timers and sharing with friends, tracking your emotions before and after your meditative experience



Happify is designed to reduce negative thoughts and build resilience There are many uses for this app including building self-confidence, reducing stress